



Substance Abuse

Introduction to Substances

Welcome!

Today we will be discussing:

- What substances should you be aware of?
- How do people do drugs?
- What do drugs do? How do drugs interact in the body?
- How do you know if someone is high?
- What are the long term effects?

Cannabis-Containing Substances

Drugs

- Marijuana
- Hashish

Methods of use:

- Smoking
- Eating
- Inhaling a vaporized form

Symptoms of Impairment:

- A sense of euphoria or “high”
- A heightened sense of visual, auditory and taste perception
- Increased blood pressure
- Increased heart rate
- Red eyes
- Dry mouth
- Decreased coordination
- Difficulty concentrating
- Slowed reaction time
- Anxiety or paranoid thinking
- Exaggerated food cravings
- Cannabis odor or yellow



Long-term effects:

- Decreased mental sharpness
- Poor performance at school or at work
- Reduced number of friends and interests

Synthetic Cannabinoids & Cathinones

Drugs

- K2
- Spice
- [Synthetic Marijuana or Mojo](#)



Methods of use:

- Smoked
- Inhaling a vaporized form
- Prepared as an herbal tea

Symptoms of Impairment:

- A sense of euphoria or “high”
- Elevated mood
- An altered sense of visual, auditory and taste perception
- Extreme anxiety or agitation
- Paranoia
- Hallucinations
- Increased heart rate
- Increased blood pressure or heart attack
- Vomiting
- Confusion

Drug Paraphernalia



Plastic bags
Scale
Small glass vials
Pill bottles
Candy or gum wrappers
Belts
Shoe laces
Razorblades
Foil
Steel wool
Syringes
Burnt Spoons
Straws
Mirrors



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Substituted Cathinones



Drugs:

- Bath Salts

Methods of use:

- Eating
- Snorting
- Inhaling
- Injecting

Symptoms of Impairment:

- Euphoria or “high”
- Increased sociability
- Increased energy and agitation
- Increased sex drive
- Increased heart rate and blood pressure
- Problems thinking clearly
- Loss of muscle control
- Paranoia and Panic attacks
- Hallucinations and Delirium
- Psychotic & Violent behavior

Depressants:

Barbiturates, benzodiazepines & hypnotics

Drugs:

- Luminal
- Solofon
- Seconal
- Valium
- Xanax
- Ativan
- Klonopin
- Librium
- Ambien
- Intermezzo
- Sonata

Methods of use:

- Eating
- Snorting
- Inhaling
- Injecting



Symptoms of Impairment:

- Drowsiness
- Slurred speech
- Lack of coordination, falls or accidents
- Irritability or changes in mood
- Problems concentrating, thinking clearly or memory problems
- Involuntary eye movements
- Lack of inhibition
- Slowed breathing and reduced blood pressure
- Dizziness

Stimulants:

Amphetamines, methamphetamine, etc.



Drugs:

- Meth
- Cocaine
- Ritalin
- Concerta
- Adderall
- Adderall XR

Methods of use:

- Eating
- Snorting
- Smoking
- Injecting

Symptoms of Impairment:

- Feeling of exhilaration and excess confidence
- Increased alertness
- Increased energy and restlessness
- Behavior changes or aggression
- Rapid or rambling speech
- Dilated pupils

- Confusion, delusions and hallucinations
- Irritability, anxiety or paranoia
- Changes in heart rate, blood pressure and body temperature
- Nausea or vomiting loss
- Impaired judgment
- Nasal congestion and damage to the mucous membrane of the nose (if snorting drugs)
- Mouth sores, gum disease and tooth decay from smoking drugs ("meth mouth")
- Insomnia
- Depression as the drug wears off

Nasal Inhalation



Paraphernalia:

Cards

Mirrors

Straws

Powdery residue

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Smoking

Paraphernalia:

Light bulbs

Glass pipes, tubes, &
stems

Steel wool, faucet aerators,
& Chore Boys

Tin foil & straws

Aluminum cans



Club Drugs

Drugs:

- Ecstasy
- Molly (MDMA)
- GHB
- Roofie
- Ketamine (Special K)

Methods of use:

- Orally, tablet or crushed

Symptoms of Impairment:

- Hallucinations
- Paranoia
- Dilated pupils
- Chills and sweating
- Involuntary shaking (tremors)
- Behavior changes
- Muscle cramping and teeth clenching
- Muscle relaxation, poor coordination or problems moving
- Reduced inhibitions
- Heightened or altered sense of sight, sound and taste
- Poor judgment
- Memory problems or loss of memory
- Reduced consciousness
- Increased or decreased heart rate and blood pressure

Hallucinogens



Drugs:

LSD and PCP

Methods of use:

Orally

LSD Symptoms of Impairment:

- Hallucinations
- Greatly reduced perception of reality
- Impulsive behavior
- Rapid shifts in emotions
- Permanent mental changes in perception
- Rapid heart rate and high blood pressure
- Tremors
- Flashbacks, a re-experience of the hallucinations

PCP Symptoms of Impairment:

- A feeling of being separated from your body and surroundings
- Hallucinations
- Problems with coordination and movement
- Aggressive, possibly violent behavior
- Involuntary eye movements
- Lack of pain sensation
- Increase in blood pressure and heart rate
- Problems with thinking and memory
- Problems speaking
- Impaired judgment
- Intolerance to loud noise
- Sometimes seizures or coma

Opioids

Drugs:

- Heroin
- Morphine
- Codeine
- Methadone
- Oxycodone
- Fentanyl

Methods of use:

- Oral
- Injection
- Snorting

Symptoms of Impairment:

- Reduced sense of pain
- Agitation, drowsiness or sedation
- Slurred speech
- Problems with attention and memory
- Constricted pupils
- Lack of awareness or inattention to surrounding people and things
- Problems with coordination
- Depression
- Confusion
- Constipation
- Nausea and vomiting
- Sweating
- Increased pain
- Slowed breathing
- Runny nose or nose sores (if snorting drugs)
- Needle marks (if injecting drugs)



Intravenous drug use

- Most dangerous route
- Users are more vulnerable to blood-borne illnesses
- Paraphernalia used: syringe, spoon, flame, shoelace or belt



Alcohol

Types

- Beer: 4-6%
- Malt liquor: 5-8%
- Wine: 7-15%
- Wine coolers: 5-10%
- Champagne: 8-14%
- Hard liquor (Distilled spirits - vodka, rum, whiskey...): 40-95%
- Grain Alcohol: 95-97.5%

Serving Size

- Beer 12 Oz. (1 Can or bottle)
- Wine 5 Oz. (1 Glass)
- Hard Liquor 1.5 Oz. (1 Shot)

Symptoms of Impairment:

- Slowed reflexes
- Poor motor coordination
- Blurred vision
- Slurred speech
- Lowered inhibition, risky behavior
- Decreased reasoning ability
- Memory loss, confusion, anxiety, restlessness
- Slowed heart rate, reduced blood pressure
- Slowed breathing rate
- Heavy sweating
- Nausea and vomiting

Long-term effects:

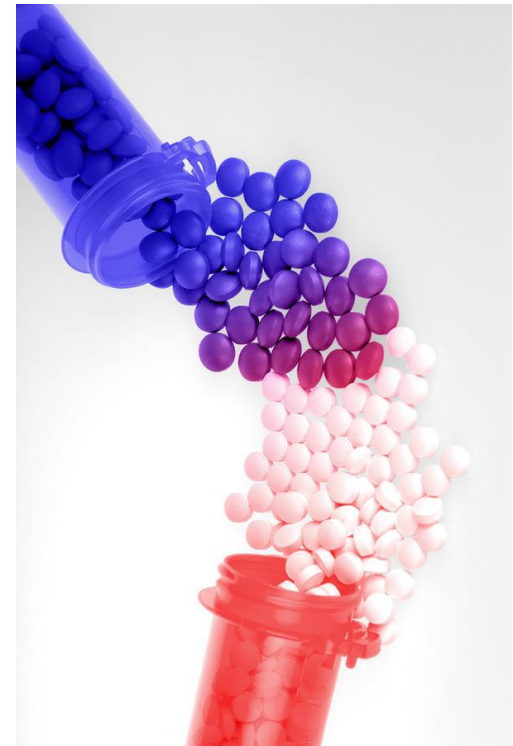
- Liver Damage and cancer
- Heart Damage
- Brain Damage
- Pancreas Damage
- Bone Damage
- Reproductive problems
- Increased aggression, antisocial behavior, depression, anxiety



Drug Interactions

Four types:

1. Antagonism
2. Synergism
3. Potentiation
4. Interaction with metabolism

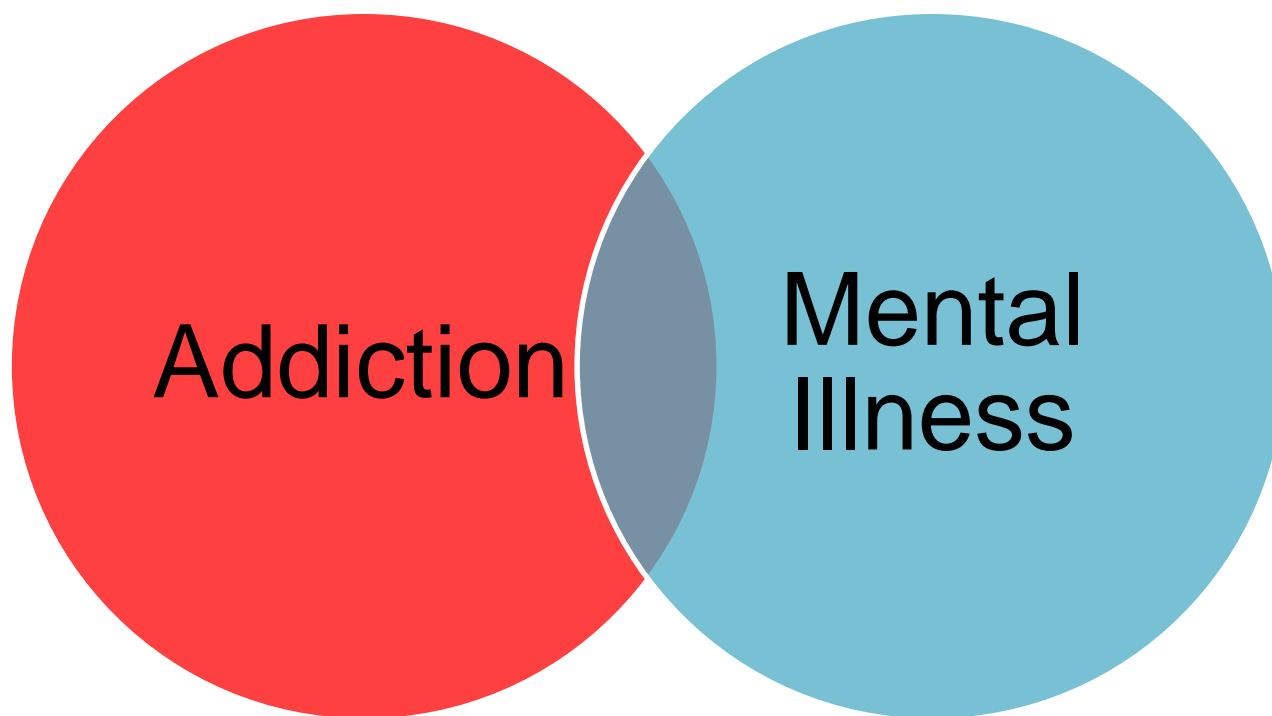


General Principles of Addiction

- More is more
- No off button
- Rock bottom may be avoidable



Dual Diagnoses



Dual Diagnosis

Our Role

1. Recognize abuse as early as possible.
2. Ensure the client's immediate and long term safety.
3. Intervene in a kind, straightforward manner.

However:

- We cannot give sobriety.
- We should not want it more than the client.
- We should not work harder than the client.

Referral

Volunteers of American North Louisiana does not offer substance abuse counseling.

Our responsibility is to make a referral for our clients to participate in detox & treatment.

Note: Alcoholics Anonymous and Celebrate Recovery are maintenance groups – **not** treatment.

Referral – North Louisiana

[CADA](#) (Council on Alcoholism & Drug Abuse)

[Shreveport Behavioral Health Clinic](#)

[New Day Recovery](#)

[Willis-Knighton Addiction Recovery Center](#)

[Christus Schumpert Health System Crisis Line](#)

Note: AA and Celebrate Recovery are maintenance groups, **not** treatment.

Referral – Central Louisiana

[Caring Choices](#)

[Longleaf](#)

[Edgefield](#)

[Compass Recovery Center](#)

Note: AA and Celebrate Recovery are maintenance groups, **not** treatment.

Boundaries

- Boundaries are essential to self-care.
- Consider the most loving and respectful way you can treat the client AND yourself.
- Boundaries may not be welcomed by the client, but they are necessary.
- [Video Example](#)

Resources

<http://www.cesar.umd.edu/>

<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

<https://www.pbainstitute.com/parents-guide-drug-paraphernalia/>

Test

When you have finished, click [here](#) to access the online test, or you may access the test in the Training folder on the Public drive.